



THE MOUNTAINEER

"Care with Compassion"

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Madigan fully prepared to respond to H1N1 flu

by **Lorin T. Smith**
Mountaineer Editor

Top medical officials from Madigan Army Medical Center, Fort Lewis and McChord Air Force Base reiterated the need for service members, civilians, retirees and their Families to continue taking standard precautions to help reduce their risk of getting the H1N1 flu.

"Madigan Army Medical Center has emergency response plans in place

to respond to a potential pandemic in the state of Washington," said Lt. Col. Chris Littell, chief of Epidemiology and Disease Control in the Department of Preventive Medicine. "Madigan, Fort Lewis and McChord Air Force Base developed these plans to deal with emerging diseases, such as pandemic influenza, and will continue to promote awareness, prevention and preparedness in addressing the H1N1 flu outbreak."

Fort Lewis and McChord are closely

monitoring the H1N1 flu outbreak and are collaborating with local, state and federal health agencies. Cases in Washington have been confirmed by the Centers for Disease Control and Prevention and more are likely. To date, there have been four confirmed cases of the H1N1 flu at Madigan. "Nationally, the overall number of cases and severity of illness so far suggest this epidemic may behave more like human or seasonal influenza after all," Littell said.

Consistent with guidance from the CDC, certain hospitalized patients and high-risk groups will be screened for the H1N1 flu. If you are exhibiting mild flu-like symptoms,



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Sports camp encourages fitness for Wounded Warriors



Photo by Lorin T. Smith

Pfc. Donald Burks (front), a Soldier with the Fort Lewis Warrior Transition Battalion, learns adaptive rowing techniques from Steve Wells, a rowing coach from the Commencement Bay Rowing Club, during the Paralympic military regional sports camp May 5 to 8.

by **Julie Calohan**
Staff Writer

At the age of 5, Susannah Scaroni was paralyzed in a car accident. Now, 17-year-old Scaroni is a competitive wheelchair racer and is helping expose Wounded Warriors to the sport that she loves.

During a four-day Paralympic military regional sports camp hosted by the Warrior Transition Battalion at Fort Lewis, more than 30 WTB Soldiers and veterans were introduced to adaptive rowing, sitting volleyball, track and field, and swimming. The camp was sponsored by the U.S. Paralympics, a division of the U.S. Olympic Committee.

Scaroni, whose brother is a member of the National Guard and is currently serving in Iraq, showed wounded and injured Soldiers how to use a racing wheelchair and provided instruction on body and hand position.

"This is very cool," Scaroni said.

"The Soldiers sound really excited about being active again."

The military sports camps help foster the development of sports and fitness programs for wounded and injured military personnel as part of their recovery and continued transition in life.

"We are thrilled to host the Paralympic military regional sports camp here, enabling our Warriors and other veterans to improve their physical and mental fitness," said Lt. Col. K.C. Bolton, commander of the WTB. "The camp allows Warriors to build upon not only their physical fitness but also their self-confidence, which is in line with our goals for holistic healing."

The camp trainers are members of the U.S. Paralympics coaching staff, and were able to adapt every exercise regardless of the participant's disability.

"No matter what the injury, the

Soldier could participate," said Lesley Vaughn, chief occupational therapist for the WTB.

Many of the Soldiers were trying an adaptive sport for the first time, and Scaroni was excited to see them eager to learn.

"They are very interested," Scaroni said. "One guy even bought his own racing chair already."

The Warrior Transition Unit was one of the recommendations outlined in the Army Medical Action Plan to develop a holistic, sustainable system where Soldiers are supported, treated and vocationally rehabilitated to prepare them to successfully return to duty or transition to civilian life.

U.S. Paralympics partners with community groups and military installations to help connect injured military personnel with sports programming in their local communities so Soldiers can continue to participate when they return home.

Top doc, nurse earn prestigious volunteer awards

by **Lorin T. Smith**
Mountaineer Editor

Madigan Army Medical Center's top doctor's Family and a nurse case manager were both recognized for their outstanding volunteer service to the Fort Lewis community May 6 during a Volunteer Recognition Luncheon at the American Lake Club on North Fort Lewis.

Col. Ronald Place, the principal deputy commander for Madigan, along with his wife Carol and their three children, were named the 2009 Family Volunteer of the Year recipients. Retired Lt. Col. Vicki Jurgensmeier, a nurse case manager with Madigan's Managed Care Division, was named the Retiree Volunteer of the Year.

The Place Family devoted many weekend hours renovating and arranging the Fort Lewis Thrift Shop, which saved money and improved services. Carol Place volunteered in leadership positions for the Madigan Family Readiness Group, Health Services Auxiliary and the American Red Cross.

"Our Family is honored to receive the award on behalf of the many deserving Fort Lewis Families," Col. Place said. "We have always believed that volunteering is an essential part of our lives, as it brings a sense of personal satisfaction for helping what we believe is a worthy cause, along with the service that it brings to the organizations assisted."

Jurgensmeier has held various volunteer leadership positions including

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LETTERS TO THE EDITOR

Dear Maj. Gen. Horoho,

My husband has been treated for prostate cancer at Madigan by Maj. Richard Reed in the Oncology Clinic, who has overseen treatment since October 2007. My husband was diagnosed with prostate cancer on June 23, 1999, and had a complete prostatectomy on Aug. 31, 1999. During the years that followed, he received excellent continuous care by many fine doctors. He first saw Reed on Oct. 17, 2007, and has been Reed's patient up to the current time. My husband's prostate cancer moved into the bone and he has had chemo therapy and radiation treatment at Madigan.

I am writing this letter on behalf of our Family who are grateful and fortunate to have Reed as my husband's primary doctor. Reed is the most conscientious and caring doctor we have ever known. He is constantly looking for the best treatment for my husband's condition and he explains everything in a most thorough and understandable manner, easing our fears and concerns in every way possible. He never ceases to show his concern for my husband and makes sure he addresses any and all questions we have. In a word, he is wonderful!

We wanted so much to convey our respect for his knowledge and dedication as a physician and our admiration and deep feelings for him as an individual. He has made facing the fear of cancer and my husband's treatments much easier for us to bear than we could have ever believed possible. We wish to commend Reed for all he has done for us in every way. Madigan is indeed to be commended for having such a fine and caring doctor on their staff.

My husband worked for 33 years as a medical equipment repairer at Madigan, both military and civilian and retired recently.

Sincerely,
Dawn

Being physically active does not mean you have to 'exercise'

by Lt. Col. David Brown
Nisqually Clinic

The U.S. Department of Health and Human Services has released their 2008 Physical Activity Guidelines in concert with May being National Physical Activity Month. While being scientifically based, the guidelines are designed to provide individuals a no-nonsense (and non-painful) approach to starting, improving, and maximizing a personal health program. The central theme is that regular physical activity over months to years can result in long-term health benefits. No matter the fitness level at which you are starting or your ultimate fitness goals, the guidelines have something to offer you.

In order to gain substantial health benefits, adults should do at least two hours and 30 minutes of moderate intensity aerobic activity each week. Don't worry. Sessions starting with as little as 10 minutes can be used to meet that goal. To further maximize health benefits, they recommend that adults accumulate five hours of moderate-intensity aerobic activity each week. Resistance exercises for muscular strength covering all major muscle groups should also be performed two or more days per week.

If you are seeking to implement a physical activity program, here are a few tips to keep in mind:

Pick an Activity You Enjoy

Many times people will choose a physical activity based on what they feel they "should" be doing. However, embarking on a running program, for example, when you hate to run will not set you up for success. Pick an activity you enjoy—gardening, walking, cycling, martial arts—you're only limited by your imagination. You are not required to do the same activity every session. Be sure to mix it up and try new things to keep your program fresh.

Start Low and Go Slow

If you are just starting out, remember that some physical activity is better than no activity and that 10 minute bouts of activity can be used toward your cumulative total. To gauge a moderate intensity use the "talk test." If you can perform the activity while carrying on a conversation without getting short of



Photo by Hylie Jan Pressey

Janet Bissell from Tacoma Parks & Recreation provides a demonstration on "Getting Fit During the Work Day" for Madigan staff and patients during the lunch hour May 13.

breath, you are in the moderate zone.

Successfully Adopting a Healthy Lifestyle

Maintaining a healthy lifestyle starts with making it a habit. Developing this habit requires that you first make a commitment. I recommend setting aside 20 minutes, three days per week. If necessary for time or fitness level, you can split this into 10 minute sessions twice a day. Once you've established your pattern for a month, expand it to 20 minutes most days of the week. As physical activity becomes essentially a daily habit, work toward extending your duration to 40-60 minutes. Finally, and only if it is your goal, gradually increase the intensity over time.

Health Education Promotion and Coordinating Activity are teaming with Health Outcomes Management, the Department of Physical Medicine, Primary Care Sports Medicine and Child and Youth Sports to focus on the themes surrounding the Physical Activity Guidelines. Look for ways you can get involved.

For more information on the 2008 Physical Activity Guidelines, visit <http://www.health.gov/paguidelines>.

Correction

Accuracy at The Mountaineer is important to us. We take care in our reporting and editing, but errors do occur.

In a headline on Page 6 in the March 2009 edition of The Mountaineer, we incorrectly identified the ophthalmology department as the optometry department.

THE MOUNTAINEER

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Western Region hosts strategic planning conference

by Sharon D. Ayala
Public Affairs Officer

The Western Regional Medical Command conducted a Strategic Planning Conference last month to provide an update on the regional reorganization and develop timelines for transitioning the 14 new states to the Wwestern Region.

The conference, hosted by the commanding general of the WRMC and Madigan Army Medical Center, Maj. Gen. Patricia Horoho, took place April 27 to 30, in Snoqualmie, Wash. Commanders and their command sergeants major or first sergeants, representing 11 Military Treatment Facilities from eight states, participated in the strategic planning process for the next phase of the regional transition.

This was the first time that the commanders of the MTFs that will be joining the Western Region, and the local regional staff, had the opportunity to come together to share ideas, organizational successes and expectations of each other. To help build and foster team cohesion among the more than 50 attendees, motivational speaker Daniel Cable, Ph.D., spent the first half of day two discussing what he called, "Change to Strange, Organizational Performance and Behaviors." Cable talked about the challenges associated with organizational change, and shared



Photo by Sharon D. Ayala

During the four-day WRMC Strategic Planning Conference, attendees had the opportunity to participate in one of two team-building activities, hiking or golfing. Nearly 30 individuals opted for the 5 1/2-mile hike.

proven processes that leaders can adopt to help facilitate a successful change.

A majority of the four-day conference was dedicated to learning more about the incoming MTFs, their geographical areas of responsibility and capabilities. Consequently, each MTF commander briefed the group on the various populations they serve, best practices, and access to care challenges and successes.

Once all of the states have been fully integrated, the regional headquarters will provide command oversight of the

MTFs, while promoting, sustaining and enhancing beneficiaries' health, with an emphasis on Soldier readiness.

Transition plans and timelines are currently being finalized to gradually phase in the states, primarily from the Great Plains area, by 2010. Upon completion, the Western Region, which will have a staff of approximately 140 employees, will be the largest of the Military Health System's three regions.

All four days of the conference were packed with information, break-out sessions and brain-storming. However,

day three offered the attendees a short respite in the form of team-building activities, golf and hiking. At the conclusion of the offsite, Horoho said that she was pleased with the progress, and thanked everyone for attending. She further expressed her gratitude to the group for their attendance and meeting the conference objectives.

"I want to thank all of you for being actively engaged in helping to develop a transition plan," she said. "We're looking forward to bringing in the new commands to the Western Regional Medical Command."

Military Treatment Facilities attending the WRMC conference:

Madigan Army Medical Center,
Fort Lewis, Wash.
Bassett Army Community Hospital,
Fort Wainwright, Alaska
California Medical Detachment,
Presidio of Monterey, Calif.
Weed Army Community Hospital,
Fort Irwin, Calif.
Evans Army Community Hospital,
Fort Carson, Colo.
Fort Leonard Wood Army Community
Hospital, Fort Leonard Wood, Mo.
Irwin Army Community Hospital,
Fort Riley, Kan.
McAfee Army Health Clinic,
White Sands, N.M.
Munson Army Health Center,
Fort Leavenworth, Kan.
Raymond W. Bliss Army Health Center,
Fort Huachuca, Ariz.
William Beaumont Army Medical Center,
El Paso, Texas

Madigan taking innovative steps to improve beneficiaries' access to care

by Sharon D. Ayala
Public Affairs Officer

There are more than 1.6 million individuals enrolled to Army Military Treatment Facilities around the world. As those numbers, and the number of war wounded and injured continue to rise, MTF commanders have begun exploring new and innovative approaches to improve access to care for their patients.

For several months now, the leadership at Madigan Army Medical Center has been implementing a variety of positive changes to improve and streamline access for the more than 95,000 patients enrolled to the hospital. To help facilitate those changes, the Office of the Army Surgeon General developed a strategic Access to Care Plan for all MTFs to implement, and allocated funding for some military hospitals to hire additional staff, including Madigan.

"We've implemented changes to our staffing and programs to allow us to better meet the access needs of our patients," said Col. Ronald Place, Madigan's principle deputy commander.

Madigan's primary care clinics have been hard at work restructuring many of their internal processes to improve access. Some of the changes, conducted in the Department of Family Medicine, included redirecting time that had been used for non-clinical duties to clinical duties; reducing the amount of elective procedures conducted in the clinic; and offering more late afternoon and evening appointments. These, and future, internal modifications, according to the chief of the Department of Family Medicine, will result in

an increase in the number of appointments available each day.

"I am very proud of the commitment demonstrated by the providers, nurses and administrative staff in the Department of Family Medicine to fulfill our promise of access to care for our patients," said Col. Diane Flynn.

The chiefs of the Internal Medicine and Pediatric Clinics are making similar adjustments within their clinics. However, it may take a while before patients begin to notice an improvement in access at Madigan.

But, there are other options available to help patients get an appointment. The Assistant Secretary of Defense for Health Affairs has published a policy that requires MTFs to "offer the beneficiary a timely referral to obtain treatment in the TRICARE private sector network" if the MTF is unable to provide access to care within established standards. Patients are also encouraged to take advantage of Web-enabled appointments by using TRICARE On-Line to schedule routine appointments at: www.tricareonline.com.

Impact of no-shows on access

No-shows are one of several factors that serve as barriers to efficient and effective access to care in the MTF. Although the numbers may be small, they do impact access. If patients, who know they will not be able to make a scheduled appointment would call within 24 hours to cancel, this would give the clinic enough time to offer that appointment to another patient. "Our current no-show rate is about seven percent in the primary care clinics," said Col. Eric Rubel, deputy

commander for clinical service. "That's about 100 appointments wasted per day. By working together with our patients to reduce this rate to five percent, we could free up 25 extra primary care appointments per day for patients, significantly improving access to care."

In addition to increasing staffing levels at Madigan by an additional 51 registered nurses, licensed practical nurses and administrative staff, plans are also underway to expand the patient parking lot in the Medical Mall areas, and then subsequently offer valet parking service to patients.

The Department of Pharmacy, which fills thousands of prescriptions everyday, is also doing its part to improve access. The pharmacy is now offering a concierge service that will ultimately reduce wait times for prescription fills.

"We certainly want Madigan to be the patient's first choice for medical care, and the pharmacy's Concierge Service will help to make that happen," said Col. Ricke Weickum, chief, Department of Pharmacy.

While there are still many areas under current review that will enhance access to care, Madigan officials are working hard to identify all barriers and fix them; fully realizing that some will have relatively simple solutions, while others are more complex and will require more time.

"While significant, these are only the initial steps in a long-term commitment to make Madigan the most trusted health care facility in the Army," Place added.

Madigan collaborates with UW campuses to train health care providers

by Julie Calohan
Staff Writer

Resident physicians from Madigan Army Medical Center and medical students from the University of Washington take part in a collaborative teaching program that provides benefits for both facilities.

The program – in effect for decades – provides UW medical students the opportunity to learn additional clinical skills at Madigan, while allowing residents at Madigan to treat certain types of patients at UW Medical Center and its affiliated hospitals that they do not see at Madigan.

Col. Bernard Roth, director of medical education at Madigan, believes the collaborative teaching program provides a very good balance.

“The medical students are very appreciative of the training we provide, and (the program) makes our residents better physicians. They get more varied experience,” Roth said.

Roth explained, for example, that patients needing transplant surgery are rare at Madigan, so the residents are rotated through UW Medical Center to become better trained providers.

“We benefit greatly from going to the UW Medical Center. In exchange, we take their students down here and teach them,” Roth said.

At Madigan, third- and fourth-year medical students learn basic specialties

and fundamental patient care. Their rotations generally last six weeks, and include internal medicine, obstetrics and gynecology, general surgery and pediatrics. About 80 medical students participate in the program each year.

“Madigan is a desired rotation spot for UW medical students,” Roth said. “Students enter a lottery – they put in their requests and so coming to Madigan is something they ask for.”

Joshua Veatch, a third-year medical student originally from Boston, requested Madigan for his OB/GYN rotation. Veatch’s wife did her rotation at Madigan five years ago, and now works at UW Medical Center as an OB/GYN resident.

“She had a really positive experience at Madigan, so I wanted to do my rotation here as well,” Veatch said.

The UW has the only medical school in the northwest region of Washington, Wyoming, Alaska, Montana and Idaho. The school graduates physicians to work in these



Photo by Julie Calohan

Joshua Veatch, a third-year medical student from the University of Washington, removes staples from a patient after a caesarian section. Veatch chose Madigan for his OB/GYN rotation.

states as part of a network of facilities and practices, Roth said.

“Madigan is taking part in teaching those students to become physicians to serve this area,” Roth stated. “Many of them do end up practicing locally.”

Since its inception, the collaborative teaching program has always been a valuable tool.

According to Roth, during the 1970s, the most requested hospital to learn OB/GYN was Madigan. Then in the 1990s, when Fort Lewis was decreasing in size and there were fewer young women having babies, the medical student population decreased. Recently, with the increase in the active duty population, the birth rate

at Madigan has dramatically increased and more students are requesting a rotation here.

“What the students find is that they get good experience with every day cases,” Roth said. “They feel lucky to get a rotation here at Madigan.”

Madigan also partners with the UW School of Nursing Continuing Nursing Education program, which recently certified 14 nurses through a 14-week medical-surgical nursing practice and certification review course. Madigan was one of 15 agencies and the only military treatment facility to participate in the program.

In addition, the UW-Tacoma sends a handful of nurse practitioner and advanced practice nursing students to Madigan to train each year. Kim Idland, clinical nurse educator for Madigan’s Consolidated Education program believes the relationship with UW-Tacoma, UW-Seattle and Madigan is beneficial because it is such a reciprocal experience.

“When we have physicians, nurses and physician assistants all pulling together to train our future doctors and nurses, whether these students return to Madigan after graduation or whether they take care of our beneficiaries in the civilian sector after graduation, it makes you proud to be part of the UW and Madigan team,” Idland said.

First-of-its-kind study to reduce Soldiers’ combat-related nightmares underway

by Julie Calohan
Staff Writer

Madigan Army Medical Center is conducting a first-of-its-kind study on reducing combat-related nightmares among returning Soldiers from Iraq and Afghanistan. Researchers are looking into an inexpensive, generic drug called prazosin to help Soldiers get better restorative sleep.

The study, which is funded by the Department of Defense, began in 2006 and recently received additional funding through 2012. Only active duty service members can participate in the study at Madigan. A separate study is being conducted at VA Puget Sound for Operation Iraqi Freedom and Operation Enduring Freedom veterans.

Col. Kris Peterson, chief of outpatient psychiatry at Madigan, and Dr. Murray Raskind, director of mental health service, VA Puget Sound, are the principal investigators of the study.

Prazosin was introduced in 1973 to treat high blood pressure and is also effective in treating an enlarged prostate. But in the mid-1990s, Raskind was able to show in a study of Vietnam War veterans who had combat-related nightmares that prazosin was effective in getting rid of nightmares.

“A great concern is that a lot of

Soldiers coming back from theater having had combat experience have recurring nightmares, along with other symptoms,” Peterson said. “Consequently, we wanted to take a look at active duty Soldiers and see whether or not this would be helpful,” Peterson said.

“We believe these nightmares are due to brain adrenaline surges at night, which shouldn’t happen,” Raskind said. “In a combat situation, your brain does adaptive things, and one of them is to keep you responsive to anything that goes on during the night. Your brain administers adrenaline and gets you aroused.”

Raskind explained, however, that when a Soldier leaves the combat environment, the arousal is no longer necessary, but the brain has been trained to keep the Soldier hyper-vigilant.

“If this comes during normal sleep, we think that this is a set up for developing trauma nightmares,” Raskind said. “What the prazosin does is block the adrenaline rush to the brain, so that you can sleep normally.”

In a May 2008 information paper, Peterson wrote that, most importantly, prazosin is not a sedative, and its use has been increasingly adopted in VA facilities and at Madigan.



“We are finding in our clinical practice just treating Soldiers on an outpatient basis that it is working,” Peterson said.

Raskind and Peterson both assert that prazosin has very few side effects in most people, and can be taken for as long as necessary. Raskind has been following two Vietnam veterans who have been taking the drug for 12 years.

“These men were heavy alcoholics who used alcohol as “self-medication” to suppress combat trauma nightmares and get a few hours of fitful sleep. They were both suicidal and taking five different anti-depressants, mood stabilizers and anti-anxiety drugs,” Raskind said. “With a moderate bedtime dose of prazosin and a smaller dose of prazosin during the day, the nightmares went away, restorative sleep resumed and suicidal ideation disappeared. Both veterans have been abstinent from alcohol since being stabilized on prazosin.”

The current study at Madigan is coming to the same conclusion for the active duty population. According to Peterson, there have been indications

that the use of prazosin reduces alcohol and drug abuse and other symptoms of Post-Traumatic Stress Disorder.

“If you’re not getting sleep that’s restorative, you are going to look for other ways to put yourself to sleep. Perhaps you will drink alcohol or take other substances,” Peterson said. “Sleep really is a common pathway for a lot of other problems.”

The study does not demand that Soldiers have a PTSD diagnosis, but does require that subjects have traumatic deployment-related nightmares at least twice a week that interrupt their sleep.

The study lasts 14 weeks and is conducted in the outpatient Psychiatry Clinic at Madigan. The first three or four visits are a minimum of one hour long, but all other visits take about 15 minutes. Some visits can also be conducted over the phone to accommodate Soldiers’ work schedules. At the end of the study, all Soldiers receive medication management as needed. For more information, please call Tammy Williams at 968-4735.

2009 Nurses Week: 'Building a Healthy America'

by **Lorin T. Smith**
Mountaineer Editor
Lt. Col. Laura Feider
Nursing Research Service

Madigan Army Medical Center celebrated National Nurses Week May 6-10 by putting on display the "care with compassion" spirit that is embodied by the hundreds of nurses assigned here.

From award ceremonies to nursing relaxation rooms to night-shift nurses receiving healthy snacks delivered by senior nurses, there was a little something for all nurses at Madigan during the week.

"Madigan is a unique place where nursing is well-respected and the culture embraces teamwork and collaboration," said Col. Paul Kondrat, Madigan's deputy commander for Nursing. Nurses make up about one-third of Madigan's military and civilian work force.

The theme for the week was, "Nurses: Building a Healthy America." Throughout each day, nurses presented educational classes on such topics as practicing safe patient-handling techniques, tobacco cessation best practices and the importance of having a heart-healthy diet. Later in the week, in a show of support, many nurses participated in a 5K fun run/walk around Madigan Annex to show their exuberance for their profession.

"What I like about nursing is the chance to celebrate the difference we make in patients' lives each and everyday," said Kondrat, a Soldier of the Year recipient in 1980.

While most hospitals honor Nurses Week, Madigan makes it more special thanks to the Evangeline Bovard Award. This award recognizes outstanding service and professional excellence by a Western Regional Medical Command company and field grade Army Nurse Corps officer for the preceding calendar year, Kondrat added.

The award was established in 1956, and for the last two years, has been presented by a member of the Bovard family. This year, the award went to two Madigan nurses: Maj. Jodi Brehmer, the head nurse of the 3 South Mother/Baby Unit and 1st Lt. Jonathan Wilwayco, a clinical staff nurse in the Medical-Surgical Ward. They were selected for their contributions in leadership, clinical practices and duties, educational services and research. "This hospital could not function without a strong Nurse Corps, which is the linchpin of



Photo by Hyllie Jan Pressey

Maj. Jodi Brehmer and 1st Lt. Jonathan Wilwayco, nurses with Madigan Army Medical Center, were the 2009 Evangeline G. Bovard award winners, and were recognized by great nephew Ken Bovard and his wife Joan, during Nurses Week May 6-10 at Madigan.

Army medicine," said Col. Eric Rubel, deputy commander of Madigan's Clinical Care Services. "What nurses do for Army medicine and Madigan's patients are phenomenal."

All of the 16 nominees received a Certificate of Appreciation and a Chief, Army Nurse Corps Coin. In addition, the two award recipients received an Army Achievement Medal and a check for \$500.

Kondrat hoped National Nurses Week would give Madigan's nurses, along with the rest of the clinical and administrative staff, the understanding

of how nurses contribute to the overall mission. "In order for a nurse to be the best, they have to practice the three H's – use your hands, use your head and use your heart, because we are dealing with peoples' lives and must be empathetic to their concerns and problems."

For the closing ceremonies May 8, senior nurses presented yearly Nursing Awards of Excellence to four nurses representing four different categories within the nursing career.

Advanced Nurse Practitioner: Fujio McPherson, nurse practitioner and acupuncturist in the Medicine Clinic

Registered Nurse: Katherine Simonson, head nurse, Pulmonary Clinic

Licensed Practical Nurse: Steven Hines, Rainier Team, Internal Medicine Clinic

Certified Nursing Assistant: Jules Varela, General Pediatric Clinic

Overall, the week was a success and a valuable chance for the entire Madigan nursing team to pause and look back at how each nurse has impacted service members, Families and all beneficiaries in the Fort Lewis community, said Col. Keith Essen, chief of Nursing. "This week has been a whirl and blur of activity, and galvanizes us to think about what we do and how much it is a privilege to be here."

Women: make health important priority

by **Julie Calohan**
Staff Writer

Madigan kicked off National Women's Health Care Week themed "It's Your Time" last week with a display of women's health care information on the ground floor of the Medical Mall. Subject-matter-experts were also available at information tables May 14-15 to answer patient and staff questions regarding women's health.

The observance was an opportunity for Madigan to raise awareness of important health issues that affect women.

Traditionally, the public has seen women's health as only including issues of childbirth and reproductive health, but some aspects like risk factors, symptoms, detection methods, treatment, and prevention can be distinct for women.

The Centers for Disease Control and Prevention lists heart disease as the leading cause of death among women, followed by cancer.

"Women should do all that they can to prevent these conditions," said Dr. (Col.) Diane Flynn, chief of family medicine. "This includes eating a healthy diet, exercising regularly, staying away from tobacco use and getting regular screens for high blood pressure, high cholesterol, cervical cancer, breast cancer and colorectal cancer."

Flynn also encouraged women to



get recommended immunizations such as an annual flu shot and pneumococcal shot, especially for women 65 and older with chronic medical conditions. Young women under the age of 25 should inquire about the HPV vaccine to prevent cervical cancer, Flynn said.

Genevieve Fuller, breast diagnostic center, Department of Radiology at Madigan, believes events like Women's Health Care Week are extremely important for patient education and help women advocate for their health care.

"Women need to be aware of bodily changes and know when to seek follow-up care," Fuller said. "The most important thing is to be educated and to know how to access care."

Flynn states that Madigan is helping to improve access to care for women by offering more evening appointments for well-women exams for those who have difficulty scheduling appointments during usual duty hours. Women who fall behind on recommended preventative services are contacted by phone or mail to encourage them to make appointments for screenings.

"Madigan is fully engaged in helping women stay healthy," said Flynn.

Nurses earn national research awards

by **Lorin T. Smith**
Mountaineer Editor

Several Madigan Army Medical Center nurses have received national research awards from universities, the military and nursing organizations. Two nurses, 1st Lt. Christine Yokoyama, a Madigan clinical staff nurse and Lt. Col. Laura Feider, assistant chief, Madigan Nursing Research Service, earned the hospital more than \$300,000 in research grant money thanks to their research proposals submitted to the Tri-Service Nursing Research Program.

Col. Paul Kondrat, chief of Nursing, said that nursing research has been going strong since Florence Nightingale used research to prove that hand-washing could reduce infections more than 100 years ago.

"Our nurses are empowered by evidence, trusting, caring and warrior-focused," Kondrat said.

Dr. Lori Loan was the recipient of the 2009 Anna Shannon Mentorship Award for the Western Institute of Nursing. "She is so deserving of this major mentoring award," wrote Dr. (Lt. Col.) Mona Bingham, chief of Nursing Research, Brooke Army Medical Center at Fort Sam Houston, Texas.

Lt. Col. Leigh McGraw, another senior Madigan nurse, had her University of California-San Francisco

School of Nursing dissertation selected as the 2009 Distinguished Dissertation Award in March. According to the school, her dissertation was picked based on the criteria for its distinctive scholarliness, innovation and important contributions to the nursing discipline. She will receive the award during her graduation in late May. "(McGraw's) achievements during your years of study at our school are outstanding and your contributions to the nursing profession are significant," wrote University of California-San Francisco School of Nursing Professor and Faculty Chair Linda Chafetz.

Dr. Mary McCarthy will be leaving the hospital soon to attend an eight-week research training program at the Summer Genetics Institute, National Institute of Nursing Research, National Institute of Health. The summer genetics school is designed to provide a foundation in molecular human genetics for biobehavioral research for nursing faculty, graduate students and advanced practice nurses. "Mary is well-suited and very prepared for this unique training and I know that she will represent the community of Army nurse researchers in a favorable manner," Loan said.

For a complete list of research awards, please visit Page 7 Kudos.

T

TRICARE CORNER

Changes? Military Families have support

by Brian P. Smith
TriWest Healthcare Alliance

TRICARE's comprehensive behavioral health benefit for both parents and children includes self-help and educational resources. TriWest Healthcare Alliance manages the TRICARE benefit in the 21-state west region.

Three Great Resources

1. The Behavioral Health Portal at www.triwest.com includes articles and links to resources to help parents better understand and work through a child's potential behavioral issues, including depression. At www.triwest.com, select "Beneficiary" and then "Behavioral Health" from the "In the Spotlight" menu.

2. Produced by TriWest, the Help From Home video series is available to beneficiaries in the TRICARE west region at no cost. Order the two-DVD set or view the videos online through TriWest's Behavioral Health Portal. The series offers advice from behavioral health experts and military families who have experienced the challenges of deployment and reintegration.

3. TriWest partnered with the National Military Family Association (NMFA) to produce "10 Things Military Teens Want You To Know," a collection of stories, quotes, tips and resources for those who want to better understand their world. Visit www.nmfa.org for more information and to request a copy.

From AWARDS, Page 1

the Health Services Auxiliary president and represented the HSA within the Fort Lewis Officer Spouses Club, president of the Fort Lewis Catholic Women of the Chapel, the Fort Lewis Family Member Scholarship Fund treasurer, service on the Fort Lewis Women's Conference, and a volunteer on Madigan's Highway Beautification Group, to name a few.

"She humbles me into thinking I need to do more because she is so generous," said her husband, Leland Jurgensmeier.

"Fort Lewis is very blessed with the volunteer corps we have," said Lori J. Parker, the Army Volunteer Corps program manager at the luncheon. (Kelly McGrath, Northwest Guardian, contributed to this story.)

WTB attends VR educational fair

by Suzanne Ovel
Staff Writer

More than 15 Warrior Transition Battalion Soldiers participated in a virtual education fair April 29 and 30 as part of an Army test-bed trial to bring educational resources to Soldiers via virtual reality.

"The Fort Lewis Warrior Transition Battalion is one of just three test bed pools for this virtual education fair. We're eager to take part in the fair and provide feedback to the Army to possibly improve and broaden this program for our fellow Soldiers," said Capt. Jeff Quatrini, the WTB project officer for the fair.

Through a Training and Doctrine Command initiative, seven colleges across the country as well as Army educational experts all had tents on a Second Life island, which Soldiers via their online characters (or avatars) accessed. Soldiers communicated via instant messaging or voice over internet protocol with college counselors about what their schools offer; Army representatives were also at the fair to talk on how to use tuition assistance and the GI Bill.

For the WTB, this trial use of virtual reality may allow Soldiers such as Remote Warriors to stay better connected with their Army resources. Remote Warriors are Soldiers who are assigned to the WTB, but heal while living in and receiving local healthcare from communities not near Army medical facilities. The WTB works closely with these Warriors to manage their comprehensive care plans and ensure access to additional resources.

"Enabling our Soldiers, especially our Remote Warriors, to have better access to resources which help them transition and become more well-



Image courtesy of Capt. Jeff Quatrini

Soldiers created avatars, or online characters, to navigate through the virtual education fair created by the Army's Training and Doctrine Command.

rounded Soldiers and citizens is a key priority for us," said Lt. Col. Danny Dudek, WTB executive officer. "We're excited about the possibilities of virtual educational resources that this fair may open up for our Warriors."

The virtual education fair allows TRADOC, which is responsible for all of the Army's training and education, to explore ways to collaborate and build a virtual education community, grow partnerships, and determine potential for quality online interactions between Soldiers and colleges.

The possibility of fully implementing virtual reality tools is an inspiring prospect for Erik Eichost, Madigan Army Medical Center information systems engineer and the Madigan liaison for the virtual education fair.

Eichost noted that today's younger Soldiers are very confident in using virtual reality programs, and that the virtual "face-to-face" avatar meetings may allow for stronger remote relationships than traditional emails or phone calls.

"We want to provide Soldiers an environment that hopefully their lives and their families' lives will be enriched," Eichost said.

From FLU, Page 1

health providers recommend that you stay at home and avoid contact with other people as much as possible. If flu-like symptoms persist, call your primary care provider, who will determine needed treatment and whether further flu testing is required. "Fortunately, the majority of the nation's H1N1 flu cases have been mild with patients recovering completely," Littell added.

Protecting the Fort Lewis-McChord communities has been the primary objective of Madigan's staff. "The health care team at Madigan remains committed to providing quality care in a safe environment to patients and staff," Littell said.

Here are some tips you can take to reduce the spread of the virus:

Cover your nose and mouth with a tissue when you cough or sneeze. Throw

the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

Madigan has established an informational flu hotline at (253) 968-4744 and an informational table has been set up at the main entrance of the Medical Mall. For more online information on the H1N1 flu, visit the CDC Web site at www.cdc.gov or Madigan's Web site at www.mamc.amedd.army.mil/flu.htm, or to make an appointment with a primary care provider, please call TRICARE at 1-800-404-4506.

New digital tools to increase provider efficiency, accuracy

by Lorin T. Smith
Mountaineer Editor

Madigan Army Medical Center health care providers have received new digital tools to increase efficiency and accuracy of their clinical documentation processes thanks to a recent initiative developed by the U.S. Army Medical Command.

The MEDCOM AHLTA Provider Satisfaction initiative is intended to offer providers and support staff additional tools to provide better access to care for patients and also enable them to deliver superior, consistent care through an integrated system of clinical information.

"MAPS will invest in our providers and support staff by purchasing the clinic-based technology that has been shown to increase the usability of AHLTA," wrote U.S. Army Surgeon General Lt. Gen. Eric B. Schoomaker last year.

MAPS consists of three tools: voice recognition software, a macro-note typing program and a digital consent form program. Used together, they make it possible for practitioners to significantly reduce the time required to record medical notes in AHLTA.

"Overall, the benefit of MAPS is that Madigan's health care providers will provide better medical care to our beneficiaries because they will be more technologically efficient and more resilient," said Steve Kuykendall, a training specialist with the Department of Informatics.

MAPS is just one of many technological additions to the AMEDD, and the Army's surgeon general is advocating for more grassroots solutions. "Please continue to discover and share your best practices so we can proliferate them throughout the AMEDD," Schoomaker wrote. "I am committed to facilitating the rapid discovery and implementation of AHLTA best practices throughout AMEDD."

The MAPS initiative currently provides two ways for providers to become better acquainted with their choice of tools: two to four hours of one-on-one training on the five tools and access to the Virtual MAPS Community Web site at <https://vmc.amedd.army.mil>. The Web site offers a one-stop shop with a central repository of information about the MAPS tools, complete with blogs, videos, downloadable tutorials, question and answer pages and discussion boards. It is also used to share macros and to facilitate better communication between military providers.

For more information about MAPS, please call Robert W. Roussel at (253) 552-0651 or (253) 381-1349.

Look Who’s Getting

KUDOS

♦ Awards ♦ Promotions ♦ Recognition

Congratulations to the following individuals:

Evangeline G. Bovard
Award Nominees
Company Grade Nominations
Capt. Natalie Farley, Bassett Army Community Hospital
Capt. Stella Feomaia, Weed Army Community Hospital
Capt. Melody Long-Ndoumbe, Weed Army Community Hospital
Capt. Anthony Pansoy, Weed Army Community Hospital
Capt. Jimmy Udchachon, Bassett Army Community Hospital
Capt. Jennifer Wisseman, Madigan Army Medical Center
1st Lt. Kristen Tharp, Weed Army Community Hospital
1st Lt. Jonathan Wilwayco, Madigan Army Medical Center
Field Grade Nominations
Lt. Col. Colette McKinney, Bassett Army Community Hospital
Lt. Col. Michelle Munroe, Madigan Army Medical Center
Lt. Col. America Planas, California Medical Detachment, Presidio
Lt. Col. Allen Smith, Madigan Army Medical Center
Maj. Jodi Brehmer, Madigan Army Medical Center
Maj. Larry Linville, Madigan Army Medical Center
Maj. Ernesto Raymundo, Weed Army Community Hospital

Nurses Week Awards of Excellence Nominees
Advanced Nurse Practitioner nominees
Fujio McPherson
Capt. Denise Smith
Marylee Profy
Registered Nurse nominees
Lee Jurgensmeier
Lt. Col. Janice Lehman
Capt. Sherie Johnson
Capt. Andrea McRae
Capt. Marva Wilcox
1st Lt. Andrea Papa
Teshea Fallen
Kim Fay
Judith Frace
Caryn Kennemore
James Ritchie
Carmelita Rivero
Sharon Shaw
Carole Spicer
Dorothy Strobl-Lucas

Licensed Practical Nurse nominees
Sgt. Chemin Iglowitz
Spc. Kaylanda Pinkerton
Arthur Ancheta
Sherry Smith
Certified Nursing Assistant nominees
Olinda Darnstaedt
Jennifer Guse
Brenda Scott

Crews Into Shape
The “Chunky Monkey” team from Madigan and the Fort Lewis HHC, 1-17th Medics team took first place in the McChord-Lewis Joint Base “Crews Into Shape” Challenge. The winning team was:
Lt. Col. Spencer Dickens, MAMC
Capt. Martha A. Smith, MAMC
1st Lt. Daniel Yoon, HHC, 1-17th
Staff Sgt. Shane Tracy, HHC, 1-17th
Spc. James R. Kirker, HHC, 1-17th
Spc. Isis Rosario, MAMC
Cinda L. Kirker, MAMC
Gloria Fonseca, MAMC
Luis Rosario

Third place went to the “Hazardous Waist” team from MAMC:
Cinda Kerker
Deborah Denison
Robert Richart
Bruce Franze
Edean Berglund
Karen Geisler
Melissa Borsic
Linda Glenn

Nursing Research awards
Dr. Lori Loan:
Phyllis J. Verhonick Nursing Research Course, Outstanding Evidence-Based Practice/Clinical Innovations Award (2008)
Military Health System National Conference, Healthcare Innovations Program Award for Improving the Quality of Healthcare in the Military Health System (2007)
Madigan Research Day Brig. Gen. Mack Hill Facilitator Award (2009)
Western Institute of Nursing Anna Shannon Mentorship Award (2009)

Dr. Mary McCarthy:
Sigma Theta Tau Research Award (2009)



Photo by Hylie Jan Pressey

Young Heroes honored
Col. BethEllen Davis, Department of Pediatrics, honors Benjamin Morris for being a Young Hero during the Young Heroes ceremony May 2 in Letterman Auditorium at Madigan Army Medical Center. Sponsored by the Madigan Foundation, 14 children received medals for their strength and determination in overcoming their disabilities.

Madigan Research Day Best Experimental Design Presentation (2008)
National Institutes of Nursing Research 2009 Summer Genetics Institute Scholar (2009)

Lt. Col. Laura Feider:
Best Poster, Karen A. Reider/ Federal Nursing Poster Session at the Annual Meeting of the Association of Military Surgeons of the United States (AMSUS) (2007)
TSNRP funded grant “Implementing Evidence-Based Oral Care Practices in the Critically Ill (2009)

Lt. Col. Leigh McGraw:
Best student poster, Western Institute of Nursing Conference (2008)
Nation at War Poster Award, Phyllis J. Verhnoick Military Nursing Research Conference (2008)
University of California-San Francisco School of Nursing Distinguished Doctoral Dissertation Award (2009)

1st Lt. Christine Yokoyama:
TSNRP funded grant “Evaluating Evidence-Based Interventions to Prevent Falls and Pressure Ulcers” (2008)

Service Award
Mark Johnson — 30 years

Excellence in Claims
The U.S. Army Claims Service has designated Madigan Army Medical Center’s Office of the Center Judge Advocate as a recipient of the 2008 Excellence in Claims award. This is the first time Madigan has received the award, which is presented each year to the Army’s best claims offices worldwide. Madigan’s OCJA asserted and collected more than \$800,000 in medical affirmative claims for the 2008 fiscal year, which placed them first among all claims offices Army-wide. Madigan and Eisenhower Army Medical Center are the only two medical center legal offices to receive the award this year.

Third Party Collections
Madigan Army Medical Center’s Third Party Collection Program was named number two in the TRICARE Management Activity for 2008 fiscal year collections. The program collected \$8.3 million, which was a record amount for Madigan. An Air Force facility came in first, collecting \$9 million.

MADIGAN MINUTE

♦ News Briefs

♦ Upcoming Events

♦ Other Fun Stuff

Child Summit

The Military Child and Adolescent Center of Excellence will be hosting a Military Child Summit June 3 to 5 in Tacoma. The event is open to the public.

For more information, please call the Military Child and Adolescent Center of Excellence at (253) 968-4722.

Sports Physicals

The Adolescent Clinic is offering comprehensive, caring and complete sport physicals for teenagers aged 12-19 on the following dates:

May 20, 26, 29

June 2, 4, 8, 10, 15, 17

July 21, 24, 28, 31.

Parents can call TRICARE at 1-800-404-4506 to set up appointments for their teens.

“Fighting for Life” Documentary

The Department of Internal Medicine presents a showing of “Fighting for Life,” a movie documenting military medicine June 8 at 11 a.m. in Letterman Auditorium.

The film chronicles the United States University of Health Sciences (USUHS) education of many of our military physicians and how they go in their careers, often to the battlefields of our nation’s conflicts. It will also be aired nationally on most PBS stations during prime time over the Memorial Day Weekend, May 23 to 25.

“Fighting for Life” was a three-year project produced by the non-profit American Film Foundation with the cooperation of the Office of the Assistant Secretary of Defense for Health Affairs, the U.S. Air Force, the Uniformed Services University of the Health Sciences, the U.S. Air Mobility Command, Balad Air Force Theater Hospital, Landstuhl Regional Medical Center, Walter Reed Army Medical Center and the National Naval Medical Center.

Many of the Wounded Warriors appearing in the film are now receiving care under the VA system, including Crystal Davis, the 21 year old Army specialist who lost her leg and is now living in Augusta, Georgia.

Rape Aggression Defense

The Family Advocacy Program is offering self-defense classes for women. R.A.D., which stands for Rape Aggression Defense, will be held Tuesdays and Thursdays from 6 to 9 p.m.

Classes will teach personal safety lessons, risk awareness, avoidance, recognition and reduction.

For more information, call Jane Gulliver at (253) 967-5901.

New VA Web site

Service members who have



Photo by Hylie Jan Pressey

Retirees get day all to themselves

Pfc. Kayla Gardner, a laboratory technician with the Department of Pathology, draws blood from Lawrence Horry, a retiree, during the Retiree Health Fair themed “Retired and Fit” and sponsored by Madigan Army Medical Center May 15 at the American Lake Club. The health fair was just one part of the 2009 Fort Lewis/McChord Retiree Appreciation Day.

deployed and are separating from the military have a newly enhanced Veterans Affairs Web site just for them. The Returning Service member’s Web site offers tailored information on VA services and programs, as well as video features and a blog.

All dependent children, age 24 and under, and all spouses of active duty U.S. military are eligible to apply for scholarships with ThanksUSA.

ThanksUSA defines “Active duty U.S. military personnel” as those who have served in active duty for at least 180 days since Sept. 11, 2001, including all those who have been killed or wounded in action. “U.S. military personnel” are defined as members of the Army, Navy, Air Force, Marines and Coast Guard. Members of the military reserves who have been activated to full-time duty and members of the National Guard who have been federalized and who otherwise meet the requirements are both eligible.

“Dependent children” are defined

as natural and legally adopted children or stepchildren living in the military service member’s household and/or primarily supported financially by the service member.

For more information, visit the Web site www.thanksusa.org/main/scholarships.html.

Free Contact Hours for Dentists

Attention dentists! You now have 24/7 online access to free Contact Hours for licensure through <https://army.swankhealth.com>. The courses may be taken in the convenience of your home or office, are perfect for close licensure deadlines and will also help meet mandatory state education requirements.

You must be registered with Swank HealthCare to participate in the courses. To register, please call Carol Nichols at (253) 968-0646 or Swank HealthCare at 1-800-950-4248. After reading the course and completing a 10-question post-test with a grade of at least 70 percent, you will receive

between two and four credit hours.

The dental courses are offered through a partnership between Swank HealthCare and Dynamic Dental Educators, an approved provider throughout the American Dental Association and the American Academy of General Dentistry.

A few of the courses available now include:

- California Dental Practice Act
- Domestic violence
- HIV and AIDS
- Infection control
- Medical emergencies
- Pain management
- Prevention of medical errors
- Substance abuse pediatric
- Substance abuse adult

Adult Grief & Loss Workshops

If you are in need of services for an adult loss, there are grief counseling services available through Madigan’s Behavioral Health Clinic. Please call bereavement counselor Eileen Stubblefield at (253) 968-3172 for more information.

We’re Looking for Stars

Attention supervisors! The Madigan Public Affairs Office would like to begin regularly highlighting the accomplishments of Madigan staff.

Is there someone in your department who is making a difference in some way? Do you have a fantastic volunteer? Is someone doing extensive research? Is your department as a whole doing great things?

We want to know! We will post a picture plus a short summary of the accomplishment on the bulletin board near the PAO office or the bulletin board near the PX. Let’s recognize the remarkable people at Madigan!

To have your “stars” considered, please contact Julie Calohan at (253) 968-3279.

Tobacco and Health

A health-promotion class is available to units or family readiness groups.

The class is about one hour long and covers the effects of secondhand smoke, tobacco industry tactics to keep users addicted, importance of protecting yourself and your children from secondhand smoke, how a tobacco user can create a quit plan and cessation programs available at Madigan Army Medical Center.

To arrange a class, call Cynthia Hawthorne, Madigan’s Department of Preventive Medicine at (253) 968-4387.

To obtain a tobacco-cessation appointment, call TRICARE at (800) 404-4506.